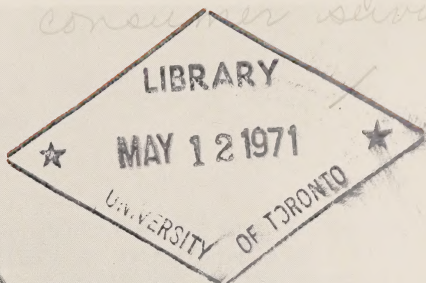


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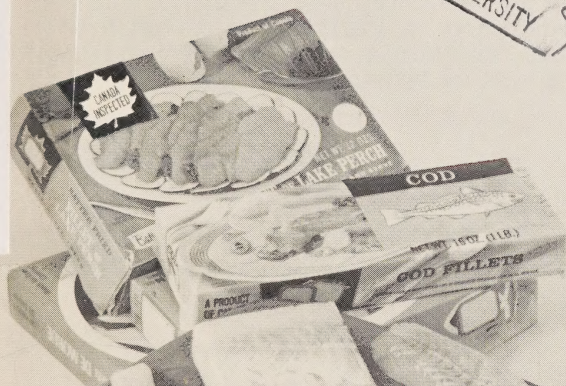
Government  
Publication

# Frozen Fillets

*Canada. Fisheries and forestry dept.  
information and consumer service*



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AS PART OF ITS CONTINUING PROGRAM TO PROMOTE  
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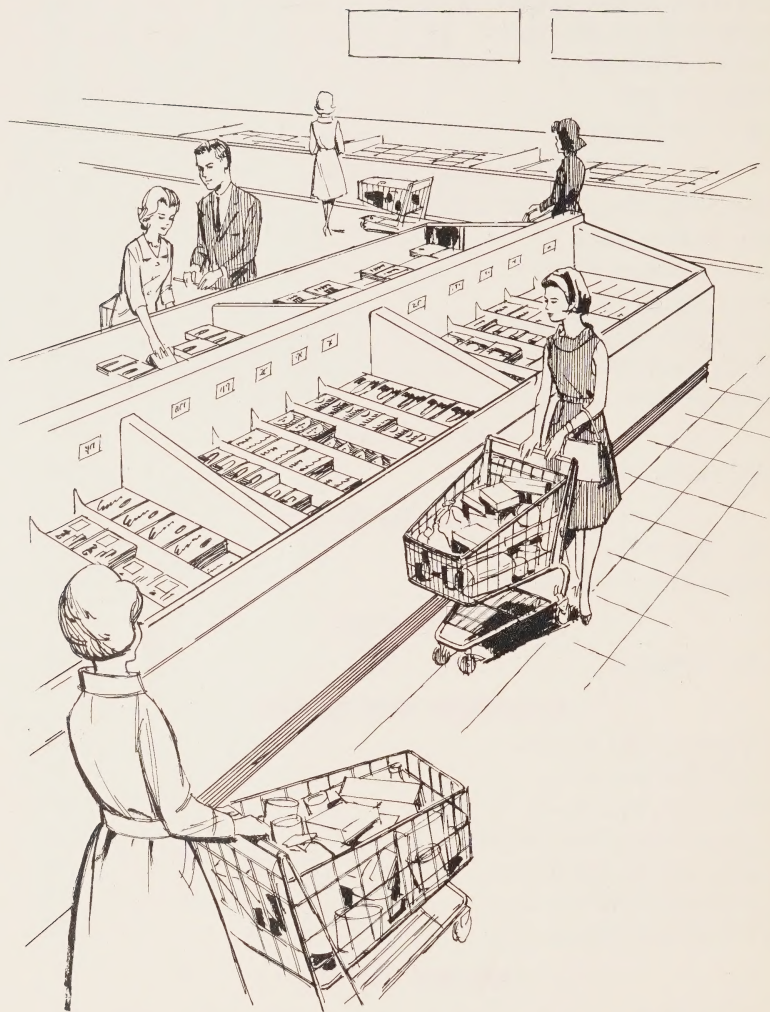
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## THE FROZEN FILLET STORY

There are many remarkable stories associated with foods. The frozen food industry, for example, owes its beginning to a lucky co-incidence which occurred a little over fifty years ago.

In 1912, Clarence Birdseye, a young American biologist, was attracted to a fur-farming venture in Labrador. While there, he saw Eskimos catching fish in 50 degree below zero weather. These fish froze stiff almost as soon as they were taken from the water. Months later, when thawed and eaten, he discovered that they tasted as if they had been freshly caught.

Birdseye had stumbled on one of Nature's secrets. Foods such as fish and game, when frozen rapidly at a low temperature and held constantly at a low temperature until time of use, are much more juicy and delicious than those frozen slowly and stored at a temperature only slightly below their freezing point.

Spurred by the dream of providing consumers with fresh foods out of season, he experimented with a number of quick freezing methods and succeeded in developing a system of freezing foods in consumer-size packages. The first commercial product to which he successfully applied his quick-freezing technique was fish. By 1926, he was turning out packaged, frozen fillets for the American market. In 1929, his system was introduced into Canada.

So much for the discovery. But, the story does not end there. Birdseye and other packers of frozen foods in the late "twenties" and "thirties" were faced with a food distribution system devoid of suitable cold storage. The result was that when their products reached the consumers, many were of such notoriously poor quality, they were rejected. Public acceptance of frozen fillets, and frozen foods generally, awaited the spread of deep freeze cabinets in retail stores and home refrigerators with suitable freezing compartments. In Canada, this occurred in the "fifties".

Today a wide variety of ocean and lake fish are filleted, packaged, and frozen. You can buy packs of raw, frozen fillets in any of these forms:

- solid fillet blocks
- individually ice-glazed fillets
- individually wrapped fillets
- breaded fillet portions

You can also buy packs of pre-cooked, frozen fillets which have been breaded, or batter-coated, or prepared in a sauce.

## COLD FACTS ABOUT FROZEN FILLETS

*Question: Why is quick freezing at a low temperature important?*

Answer: Flesh foods such as fish fillets contain a percentage of water which on freezing is changed to ice crystals. When freezing is slow, large crystals are formed which rupture the tiny cells. When freezing takes place quickly at a temperature of  $-20^{\circ}\text{F}$  or colder, the crystals formed are very small and do not rupture the cell walls. As a result, on thawing, there is less loss of flavor and nutrients in drip.

*Question: Do fish fillets lose quality in the freezer and if so how long can I keep them?*

Answer: All frozen foods, fish fillets included, gradually lose quality in the freezer. Chemical and physical changes in the food, rather than micro-organisms, are the cause. In the case of fish fillets, there is a gradual toughening of the flesh, also fading of the characteristic good flavor with possible development of off flavors.

How quickly frozen foods lose quality depends on the cold storage temperature. A high temperature speeds quality loss, while a low one slows it. To keep the quality high, some foods need a lower cold storage temperature than others, and frozen fish is one of the foods which needs a very low storage temperature. Provided fish fillets are well protected from drying with a snug-fitting, moisture-vapor-proof covering, a steady temperature of  $-15^{\circ}\text{F}$  will preserve initial good quality for six months or longer. A steady temperature of  $-5$  to  $0^{\circ}\text{F}$  will preserve their quality for up to three months. At temperatures above  $0^{\circ}\text{F}$ , quality loss is much faster.

Here are three home storage guidelines:

- For best retention of quality, keep fillets solidly frozen in the unopened package until ready to use.
- Store not longer than one week in the freezer compartment of a home refrigerator where the temperature is likely to be 10 to 25 degrees above zero.
- Store not longer than three months in a home freezer where the temperature is zero. Even when you can provide zero storage or lower, the fillets will be tastier if used within a few weeks of purchase.

*Question: Can frozen fillets which have thawed be refrozen?*

Answer: If there are still a few ice crystals left in the package, they can safely be refrozen. However, refreezing will cause quality damage. For optimum eating enjoyment, do not refreeze. Cook and serve within a day.



## GUIDE TO BETTER BUYING



This symbol on a package identifies frozen fillets which have been processed in a government registered plant and which at time of inspection met certain standards of high quality. Make sure of initial good quality in frozen fillets by buying packs which show this maple leaf imprint.

- Buy in a food market where the frozen fish chest is clean, orderly, free from frost and ice, and *most important*, the visible temperature indicator reads 0°F or lower . . . the colder, the better.
- There is a line on the inner side of most freezer cabinets above which food should not be stacked. Avoid packages stacked above this load-limit line.
- Buy only packages which are hard frozen.
- Avoid damaged packages, as breaks in the wrapping can adversely affect the contents.
- Avoid packages coated inside or outside with frost or ice.
- When the fillets can be seen through clear cello-wrap, avoid any which show white patches indicating freezer-burn, or other discoloration.
- Avoid packages having a strong odor.
- Pick up fillets just before going to the check-out counter, place them in an insulated freezer bag, if available, and take directly home. Store in the freezer, or freezing compartment of the refrigerator until ready to prepare.

## TIPS ON THAWING

### WHEN TO THAW

- For best retention of juices and flavor, when possible cook raw frozen fillets without thawing. Precooked frozen fillets should not be thawed.
- Partial thawing of fillet blocks is required to ease cutting into portions or chunks.
- Complete thawing of fillet blocks is required in order to separate individual fillets for such procedures as: skinning, folding, rolling, stuffing, frying, or broiling.
- Complete thawing of individually wrapped or individually ice-glazed fillets is required when you wish to skin, shape, stuff, or deep fry them.
- Schedule thawing so that the fillets will be cooked soon after they are thawed. Drip or loss of flavorful, nutritious juices, continues even after thawing is complete. Do not hold thawed fillets longer than a day.

### HOW AND HOW NOT TO THAW

- To thaw a 1-pound fillet block, just enough to ease cutting, remove it from the package and leave at room temperature for 30 minutes.
- To thaw frozen fillets completely, place unopened package in the refrigerator. Allow 24 hours for a 1-pound block and 18 to 20 hours for a pack of individual fillets.
- For quicker complete thawing, place unopened package in a deep dish and cover with cold water. Place dish under a slowly running cold water tap. Allow 1 to 3 hours.
- Complete thawing at room temperature, or by immersion in hot water, is not recommended as fillets lose juices more readily when thawed by these methods.

## COOKING CLUES

It is not possible to predict an exact cooking time for frozen fillets. The cooking time depends on:

- the thickness of fillets or fillet block
- the degree of freezing, i.e., their internal temperature
- the cooking temperature

The old rule to allow 20 minutes cooking time per inch thickness of fillets or a fillet block when cooking from the frozen state using high heat can serve as a guide. However, for best results, frozen fillets should be examined with a fork as cooking progresses.

It is easy to tell when fillets are cooked. Look for these signs:

- The flesh, on probing to the centre of the thickest part has lost its gray, watery look and taken on a whitish tint.
- The flesh separates easily at its natural divisions or markings, in other words, it flakes.

Heat affects fish flesh and egg white in much the same way. During cooking, both fish juices and egg white lose their watery look becoming milky white. Overcooking toughens fish just as it does egg white. It dries it out and spoils the flavor. For tender, moist, delicious fish, cook just to the point of doneness and no longer.

PS: Proper serving is important. Once the fillets are cooked they should be:

- served at once while they are hot, juicy, and delicious
- placed on plates or platter with care because the tender flesh breaks up easily
- given a colorful garnish such as a fluff of green parsley, a twist of lemon, or a dash of paprika.



Without change, each of the recipes in this book can be used for fillets of a wide variety of lake and ocean fish. Some varieties commonly seen in the food stores, but not necessarily available in all areas, are: Atlantic cod, Pacific gray cod, Pacific ling cod, flounder, haddock, halibut, lake perch, ocean perch, pickerel, pike, pollock, salmon, sauger, sole, lake trout, turbot, and whitefish.

Sauces excepted, each of the recipes calls for one package of raw, frozen, unbreaded fillets. The weight of the package, depending on the processor, can vary from 12 ounces to 1¼ pounds. Some of the recipes are adaptable to frozen fillets processed in all three ways: in the solid block, individually wrapped, and individually ice glazed. Others specify one or other type.

Unless the yield is stated, each recipe will make a dish which will serve three or four persons. You will find these recipes easy to double, if more servings are required.

## EASY BAKES

An excellent way to cook a pack of frozen fillets is to bake it. A hot oven cooks the fillets quickly and evenly. To keep the surface moist during cooking, and also to lend flavor or texture interest, a simple sauce, topping, or breading is a good addition.

### Fillets with Orange Butter Sauce

- |   |   |
|---|---|
| 1 package frozen haddock or<br>other fish fillets | ½ teaspoon salt                             |
| 3 tablespoons butter or margarine,<br>melted      | 1 tablespoon coarsely grated<br>orange rind |
| 1 tablespoon orange juice                         | 3 orange slices, halved<br>Parsley          |

Separate a pack of individually wrapped frozen fillets or cut a frozen fillet block into 3 or 4 serving-size portions. Place on a well-greased bake-and-serve platter or in a shallow, greased, baking dish. Combine melted butter, orange juice, and salt. Pour over fillets. Sprinkle with coarsely grated orange rind. Bake in a hot oven at 450°F until cooked. Serve garnished with orange slices and parsley.

### Fillet Bubbly Bake

- |   |   |
|---|---|
| 1 package (1 pound block) frozen<br>whitefish or other fish fillets | 2 tablespoons finely chopped<br>onion                     |
| 1 can (10 ounces) condensed cream<br>of mushroom soup               | 1 tablespoon lemon juice<br>½ cup shredded Cheddar cheese |

Partially thaw fillet block, then cut into 3 or 4 equal portions. Place in a shallow, greased, baking dish. Combine mushroom soup, onion, and lemon juice. Spoon over fillets. Top with grated cheese. Bake in a hot oven at 450°F until fish is cooked, about 30 minutes.

### Savoury Baked Fillets

- |  |   |
|--|---|
| 1 package individually wrapped,<br>frozen ocean perch or other fish<br>fillets | 3 tablespoons chopped onion<br>2 tomatoes cut in wedges<br>½ teaspoon basil |
| ¼ teaspoon salt<br>⅛ teaspoon pepper   | ¼ cup melted butter or margarine  |

Separate fillets and place in a shallow, greased baking dish or on a greased, bake-and-serve platter. Sprinkle with salt, pepper, and onion. Arrange tomato wedges around fish then sprinkle them with basil. Drizzle fillets and tomatoes with melted butter. Place in a hot oven at 450°F and bake until cooked, about 15 minutes.

### **Crispy Baked Fillets**

- |  |   |
|--|---|
| 1 package frozen cod or other fish fillets | 2 teaspoons lemon juice                                 |
| ½ cup evaporated milk                      | ½ cup crushed cornflakes or prepared, packaged breading |
| ½ teaspoon salt                            | 1 tablespoon butter or other fat                        |

Partially thaw fillet block, then cut into 3 or 4 equal portions, or separate individually wrapped fillets. Combine evaporated milk, salt, and lemon juice. Dip fillets in milk mixture then coat with breading. Place in a greased baking pan and dot with butter. Bake in a hot oven at 450°F until cooked.

### **Fillets with Mayonnaise Topping**

- |   |   |
|---|---|
| 1 package frozen sole or other fish fillets | 2 teaspoons lemon juice                                   |
| ¼ teaspoon salt                             | 1 tablespoon finely diced pimiento                        |
| ¼ cup mayonnaise                            | 2 tablespoons finely chopped green onions, including tops |

Partially thaw fillet block, then cut into 3 equal portions, or separate individually wrapped fillets. Place in a greased, baking pan or shallow baking dish. Sprinkle with salt. Combine remaining ingredients. Spread over fillets. Bake in a hot oven at 450°F until cooked, about 15 minutes for individual fillets or 30 minutes for a block 1¼ inches thick.

### **Fillets Thermidor**

- |  |   |
|--|---|
| 1 package (1 pound block) frozen cod or other fish fillets | 1 cup milk                              |
| 3 tablespoons butter or margarine                          | ¾ cup shredded Cheddar cheese           |
| 3 tablespoons flour  | 1 cup soft bread cubes                  |
| ½ teaspoon salt  | 1 tablespoon melted butter or margarine |
| ¼ teaspoon dry mustard                                     |   |

Partially thaw fillet block to ease cutting. Cut into 3 or 4 equal portions. Place in a shallow, greased baking dish. In a saucepan melt 3 tablespoons of butter and blend in flour, salt, and mustard. Add milk gradually. Cook and stir over medium heat until smoothly thickened. Add cheese and stir until melted. Spoon sauce over fillets. Top with bread cubes mixed with 1 tablespoon melted butter. Place in a moderate oven at 350°F and bake until fish is cooked and crumbs browned, about 35 minutes.

## Fillets Beaufort

- |  |                                   |
|--|-----------------------------------|
| 1 package single frozen lake perch<br>or other individual fish fillets | ¼ cup butter or margarine, melted |
| ½ cup dry bread crumbs   | 1 small green pepper              |
| ½ teaspoon curry powder  | 1 onion                           |
| ½ teaspoon salt  | 1 tablespoon salad oil            |
| 1 egg beaten   | ¼ teaspoon salt                   |
| 2 tablespoons water  | ½ teaspoon sugar                  |

Combine bread crumbs, curry powder, and ½ teaspoon salt. Combine egg and water. Dip each fillet into egg mixture then coat with seasoned crumbs. Place skin-side down in a single layer in a shallow, greased baking dish, or on a greased, bake-and-serve platter. Drizzle with melted butter. Bake in an oven at 400°F until cooked, about 7 minutes. Meanwhile remove seeds from green pepper and slice into thin rings. Slice onion thinly and break into rings. Heat salad oil in a frying pan and add vegetables. Sprinkle with ¼ teaspoon salt and the sugar. Stir gently over medium heat until slightly softened, about 4 to 5 minutes. Place on cooked fillets. Serve at once.

## SILVER PLATED

Individual frozen fillets and frozen fillet blocks are a joy baked in a steam-tight envelope of aluminum foil. The foil keeps the fillets moist and flavorful during cooking and makes light work of washing up afterwards. For a surprise dinner, cook frozen fillets and vegetables together in individual, foil dinner packets.

### Fillets-in-Foil Dinner

- |   |  |
|---|--|
| 1 package (1 pound block) frozen<br>cod or other fish fillets | 1 tablespoon chopped parsley<br>(optional) |
| 3 tablespoons butter or margarine,<br>melted                  | 2 medium potatoes                          |
| 1 tablespoon lemon juice                                      | 3 thin onion slices                        |
| ½ teaspoon salt   | 1 cup thinly sliced carrots                |
|   | 3 slices processed cheese                  |

Partially thaw fillet block, then cut into 3 equal portions. Combine melted butter, lemon juice, salt, and parsley. Tear off 3 rectangles of aluminum foil about 12 x 16 inches. Crease each through the

centre making rectangles 6 x 8 inches, then unfold. On one side of each centre crease place 1 teaspoon of the butter mixture. Cover with a fillet portion.

Slice potatoes into French fry sticks about ¼-inch thick. Place one third of the sticks around each fillet portion. Top each portion with an onion slice separated into rings and ⅓ cup of thinly sliced carrots. It is important that the vegetables be thinly sliced, otherwise they may not be tender in the time it takes the fish to cook. Pour remaining butter sauce over vegetables, portioning about a tablespoon to each pack. Cover carrots with a cheese slice.

Fold foil over food so that the three open edges meet. Close edges with double folds to make each packet steam tight. Place packets on a baking sheet and bake in an oven at 400°F until fish is cooked and the vegetables are tender. This will take about 45 minutes for a frozen fillet block 1¼ inches thick and less time for a thinner one. Remove each packet to a serving plate and with scissors cut a cross on top. Fold back the foil.

## **BROILED BEAUTIES**

You can successfully broil individual fillets without defrosting them. However, because of its greater thickness, a frozen fillet block should be thawed before broiling otherwise the surface becomes overcooked before the inside is cooked.

### **Fillet Bar-B-Q**

1 package individually wrapped, frozen ocean perch or other individual fish fillets	½ teaspoon Worcestershire sauce ⅛ teaspoon dry mustard ½ teaspoon salt
¼ cup melted butter or margarine 1 tablespoon lemon juice 2 tablespoons catsup	1 tablespoon minced onion Parsley

Place fillets, skin-side down, in a greased baking pan. Combine butter, lemon juice, catsup, Worcestershire sauce, mustard, salt, and onion. Heat mixture then pour over fillets. Broil 3 to 4 inches from the source of heat, without turning, until fillets are cooked, about 10 minutes. Remove to a heated platter and garnish with parsley.

### Broiled Fillets Amandine

1 package individually wrapped  
frozen sole or other individual  
fish fillets  
2 tablespoons melted butter or  
other fat  
Salt

Paprika  
2 tablespoons butter  
¼ cup blanched, halved almonds  
1 tablespoon lemon juice  
Parsley

Place fillets on a greased broiler pan. Brush with fat. Broil, without turning, 3 to 4 inches from source of heat until fillets are cooked, about 10 minutes. Remove to a heated platter and sprinkle with salt and paprika.

While fillets are broiling, melt 2 tablespoons of butter and add almonds. Panfry and stir over low heat until almonds are golden and butter lightly browned. Remove from heat, stir in lemon juice, then spoon over fillets. Garnish platter with parsley.

## SKILLETRY

Individual fillets can be panfried from the frozen state but fillet blocks must first be thawed. When panfrying from the frozen state, care should be taken as there is a tendency for the hot fat to spatter.

### Fillets Caprice

1 package individually wrapped  
frozen sole or other small fish  
fillets  
1 teaspoon salt  
¼ cup flour  
2 tablespoons milk  
1 egg, beaten

½ cup fine dry bread crumbs  
1 large banana  
2 teaspoons lemon juice  
3 tablespoons butter, melted  
2 tablespoons blanched,  
slivered almonds

In separate, shallow dishes combine salt with flour and milk with beaten egg. Roll individual frozen fillets in salted flour then dip in egg-milk mixture. Coat with bread crumbs. Heat ¼ inch of vegetable oil in a frying pan until hot but not smoking. Panfry fillets, several at a time, over moderately high heat (electric frypan 375°F) until browned on both sides and cooked. As the fillets are cooked, remove them with a slotted lifter to a heated platter and keep warm in a low oven.

Peel banana and cut in half lengthwise and crosswise. Sprinkle with lemon juice. Coat with bread crumbs. Panfry in 2 tablespoons

of butter until brown. Place on platter with fish. Toast almonds in remaining tablespoon of butter, stirring often. Drain and sprinkle over fish and bananas.

## SIMMERED FOR SAVOUR

All types of frozen fish fillets can be easily and deliciously cooked from the frozen state by the simmering method, also called poaching. A point to keep in mind when poaching fillets is not to allow the poaching liquid to boil, as boiling breaks up the tender meat. Simmering can be done on the top of the stove or in the oven.

### Bluenose Fish Chowder

- |  |  |
|--|--|
| 1 package frozen haddock or other fish fillets | 2 teaspoons salt                                       |
| 2 tablespoons butter or margarine              | $\frac{1}{8}$ teaspoon pepper                          |
| $\frac{1}{3}$ cup coarsely chopped onion       | $\frac{1}{4}$ teaspoon monosodium glutamate (optional) |
| 2 cups diced potatoes                          | Pinch sugar  |
| 3 cups boiling water                           | 1 can (6 ounces) evaporated milk                       |

To ease cutting, partially thaw fillets, then cut into chunks about  $1\frac{1}{2}$  inches square. In a deep saucepan combine butter, onion, potatoes, water, seasonings, and sugar. Cover and boil gently for about 10 minutes, or until potatoes are almost tender. Add fish, cover, and simmer until fish is cooked, about 5 to 10 minutes. Add evaporated milk and reheat but do not allow to boil. If desired, garnish with a sprinkling of finely chopped parsley. Makes about 7 cups.

### Fast Fish Chowder

- |   |  |
|---|--|
| 1 package frozen cod or other fish fillets                    | 2 soup cans milk                                       |
| 2 cans (10 ounces each) frozen condensed cream of potato soup | 2 tablespoons chopped chives or green onions with tops |
|   | Butter   |

To ease cutting, partially thaw fillets, then cut into chunks about  $1\frac{1}{2}$  inches square. In a deep saucepan, combine soup and milk. Heat to simmering temperature, stirring occasionally. Add fish and chopped chives. Continue to heat below boiling until fish is cooked, about 5 to 10 minutes. Serve hot with a pat of butter floating in each bowl. Makes about 7 cups.

## **Fillets with Egg Sauce**

1 package frozen cod or other fish fillets	¼ teaspoon dry mustard
¼ teaspoon salt	¼ teaspoon salt
1 cup milk	Few grains pepper
2 tablespoon butter or margarine, melted	1 hard-cooked egg, chopped
2 tablespoons flour	1 tablespoon finely chopped parsley

If using a fillet block, partially thaw to ease cutting into 3 or 4 serving-size portions. Place fillet portions or fillets, single layer deep, in a shallow, greased, baking dish. Sprinkle with ¼ teaspoon salt. Add milk. Place in a moderate oven at 350°F and oven poach until fish is cooked, about 30 minutes or less. Remove from oven, cover, and keep warm.

In a saucepan combine melted butter, flour, mustard, ¼ teaspoon of salt and the pepper. Stir in hot milk in which fish was poached. Cook and stir over moderate heat until smoothly thickened. Add egg and parsley; mix well. Pour sauce over fish and reheat for several minutes.

## **Smoked Fillets Delmonico**

1 package frozen smoked cod or other smoked fish fillets	3 tablespoons flour
Water	1½ cups milk
3 tablespoons butter or margarine	Salt to taste
1 tablespoon chopped onion	Few grains pepper
1 tablespoon chopped green pepper	1 cup soft bread crumbs
1 tablespoon chopped pimiento	1 tablespoon melted butter
	2 tablespoons grated cheese

Cover fish with cold water and bring to simmering temperature. Simmer gently just until fish will flake easily when tested with a fork. Drain, cool, and break into large flakes, removing and discarding any bits of bone which may be present. Melt 3 tablespoons of butter and cook onion and green pepper in it until tender but not browned. Add pimiento. Push vegetables to one side of pan and blend flour with butter. Add milk gradually. Cook and stir over moderate heat until thickened. Add flaked fish. Taste and add salt if needed, also a dash of pepper. Spoon into a greased 1-quart casserole. Top with combined bread crumbs, melted butter, and cheese. Bake in an oven at 375°F until topping is browned and sauce bubbly, about 15 to 20 minutes.

### **Fillets with Shrimp Sauce**

1 can (10 ounces) frozen condensed cream-of-shrimp soup	Water
¼ cup milk	1 teaspoon salt
1 package individually wrapped, frozen sole or other fish fillets	¼ cup grated Cheddar cheese
	¼ cup dairy sour cream
	Chopped parsley

Combine soup and milk in a saucepan. Heat, stirring occasionally, until smooth. Do not allow to boil. Separate fillets and place in a frying pan. Add water to barely cover and the salt. Bring to simmering temperature, cover with lid or aluminum foil, and simmer until fish is cooked, about 5 minutes. Carefully remove with a slotted lifter to a heated platter. Add cheese and sour cream to hot soup and stir over low heat until cheese is melted. Pour over fillets. Garnish with parsley.

### **Biscuit-Topped Fillet Stew**

1 package frozen haddock, or other fish fillets	2 tablespoons finely chopped green pepper
1 cup sliced carrots, cut in ½-inch slices	1½ teaspoons salt
1½ cups cubed potatoes	1½ cups water
1 cup sliced onions	3 tablespoons butter, melted
1 cup sliced celery, cut in ½-inch slices	3 tablespoons flour
2 tablespoons finely chopped pimiento	¼ teaspoon poultry seasoning
	1 can refrigerated biscuits

Partially thaw fillets, if using a fillet block. Cut into 1-inch chunks. Place vegetables in a saucepan; add salt and water. Cover, bring to simmering temperature and simmer for 10 minutes. Add chunks of fish. Reheat to simmering temperature, cover, and simmer until fish is cooked, 5 minutes or longer. Drain and measure broth. Add water, if necessary, to make 1½ cups. Place drained fish and vegetables in a greased 2-quart baking dish.

Combine melted butter, flour, and poultry seasoning. Add broth gradually. Cook and stir over low heat until smoothly thickened. Pour over fish and vegetables. Open can of biscuits as directed. Arrange biscuits around edge of baking dish. Bake in an oven at 425°F for 15 to 20 minutes, or until biscuits are golden brown. Makes 4 to 5 servings.

## Fillets Bonne Femme

- |  |                              |
|--|------------------------------|
| 1 package individually wrapped,<br>frozen sole or other fish fillets | 3 tablespoons butter, heated |
| 1/4 teaspoon salt  | 2 tablespoons flour          |
| 2 tablespoons chopped onion  | 1/2 cup heavy cream          |
| 1/2 cup white wine   | 1/4 teaspoon salt            |
| Water  | Few grains pepper            |
| 1/4 pound fresh mushrooms, sliced                                    | 1 teaspoon lemon juice       |

Place fillets in a single layer in a large frying pan. Sprinkle with salt and chopped onion. Add 1/2 cup wine to pan and enough water to barely cover the fillets. Bring to simmering temperature. Reduce heat to simmer and cover pan with a circle of aluminum foil having a small hole cut in the centre to serve as a steam vent. Simmer gently until cooked, about 5 minutes. Using a slotted lifter, remove fillets to a greased, shallow baking dish. Cover with foil, and keep warm.

Measure liquid left in pan. Reduce it to 1/2 cup by boiling, uncovered, over high heat. Panfry mushrooms in hot butter until lightly browned, about 2 minutes. Push to one side of pan and blend flour with butter. Stir in reduced poaching liquid and cream. Cook and stir until thickened. Add seasonings and lemon juice.

Drain off any liquid which may have collected around fillets. Spoon hot sauce over them. Place dish under the broiler, about 5 to 6 inches from the top heat. Broil until sauce is patched with brown, about 2 minutes.



## SELECT SAUCES

Sauces add a nice fillip to precooked, breaded or batter-fried fillets, ready just to heat and eat. Either a cold or a hot sauce may be served with these products. Here are some suggestions

### Tartar Sauce

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 cup mayonnaise or salad dressing | 1 tablespoon chopped sweet pickle |
| 1 tablespoon chopped capers        | 1 tablespoon chopped parsley      |
| 1 tablespoon chopped olives        |                                   |

Combine all ingredients and mix well. Chill. Makes  $1\frac{1}{4}$  cups.

### Chinese Sweet and Sour Sauce

- |                          |   |
|--------------------------|---|
| 1 cup sugar              | $\frac{1}{8}$ teaspoon pepper               |
| 3 tablespoons cornstarch | $\frac{1}{2}$ teaspoon monosodium glutamate |
| 1 cup white vinegar      | 3 tablespoons cooking oil                   |
| 1 cup cold water         | 2 large tomatoes, cut in wedges             |
| 3 tablespoons catsup     | Red food coloring (optional)                |
| 1 teaspoon salt          |   |

Combine sugar and cornstarch. To the mixture add vinegar and water then stir until dissolved. Add catsup, seasonings, cooking oil, and tomatoes. Bring to the boil. Cook, stirring constantly, until clear and thickened. Stir in food coloring, drop by drop, until desired color intensity is obtained. Makes  $2\frac{1}{2}$  cups.

### Caper Sauce

- |                          |                              |
|--------------------------|------------------------------|
| $\frac{1}{4}$ cup butter | 1 tablespoon capers          |
| 1 tablespoon lemon juice | 1 tablespoon chopped parsley |

Melt butter. Stir in remaining ingredients. Spoon over breaded, cooked fillets or fillet portions before serving. Makes  $\frac{1}{3}$  cup.

### Jiffy Cheese Sauce

- |   |   |
|---|---|
| 1 can (6 ounces) or $\frac{2}{3}$ cup evaporated milk | $\frac{3}{4}$ cup grated Cheddar cheese |
|   | $\frac{1}{8}$ teaspoon paprika          |

Heat milk slowly to simmering temperature. Stir in cheese and paprika. Cook and stir over low heat until cheese melts. Do not allow to boil. Makes 1 cup.







**DEPARTMENT OF FISHERIES AND FORESTRY**

Ottawa, Canada

